



~ Experience New Zealand ~
 November 8-18, 2011

*N*ew Zealand's awesome landscapes, lush forests, amazing wildlife and climate make it a haven for outdoor adventures and a great place to unwind and recharge. We are heading to the South Island, one of the world's greatest wilderness regions, epitomized by the mountains, glaciers, forests, and fjords of



Fiordland National Park, declared part of a World Heritage Site in 1990. Fiordland's best-known attraction is the Milford Sound, described by Rudyard Kipling as, "the eighth wonder of the world." And as the Kiwi's say, the tramp of the Milford Track is "the finest walk in the world," located in the southernmost reaches of the rugged NZ Alps, with elevations climbing upwards of 9,000 feet, it's set against a coast carved of jagged fjords contouring the most magnificent mountains. Come on mates, this trip is choice!

November 8 - Depart USA and arrive into Auckland on the morning of November 10th.

November 10 - From Auckland we will connect on a flight to Queenstown, where we will settle into our hotel in Lord of the Rings country, surrounded by majestic mountains and nestled on the shores of crystal clear Lake Wakatipu. We will meet our guides in the afternoon for a pre-track briefing to get the lay of the land of the 33 ½ mile hike we are about to embark...through the heart of Fiordland National Park, a 4,864 square-mile preserve along the southwestern coast of South Island, bordering the Tasman Sea. We will then catch a sunset ride up the gondola before an early dinner in town. Let the adventure begin...



November 11 (11~11~11) – An Auspicious Day! An early morning yoga stretch is a perfect wake up call before our first typical NZ Moa (beer) breakfast...perfect for our boat ride from Te Anau Downs harbor to the trailhead where sheer rock faces spiral thousands of feet from the sea, and where penguins, seals, and dolphins frolic. Our walk on the track slowly crescendos. This first day is reserved for acclimation as we arrive at Glade House early enough to explore the area with our guides on a nature walk. We will have our opening ceremony with an incredible local spirit sealing in our intentions with the radiant energy from 11~11~11 filled with gratitude for being here. Just for fun, take the last two digits of the year you were born and the age you will be this year and the result will add up to 111 for everyone!!!

November 12 - Sunlight comes streaming in and we enjoy our first morning breakfast together in the mountains. Our tramp for the day takes us across the emerald green Clinton River, one of the South Island's many fine trout streams where you will likely spot lots of fly anglers casting tiny flies overhead to oversize brown and rainbow trout. Not too far up the valley to the Hirere Falls, we stop for lunch. And hopefully it's fresh trout! Then the beech forest gets more luxuriant after lunch until it releases us on to the Prairie. From this meadow, we capture the true nature of the ice-carved Clinton Canyon before arriving at our lodge Pompolona for the night. Snug as a bug in a rug!





November 13 - What a good night's sleep! And we certainly needed it since this day is the "high" point when we reach the pass and come upon Sutherland Falls, the world's fifth highest waterfall. The track zigzags over eleven (there's that 11 again) switchbacks before reaching Mackinnon pass at 3,507 feet. We will enjoy the view of a massive glacier and immense mountains at the top with a spectacular panoramic lunch.... a sure defining point of the entire walk! After the rocky decent into Arthur Valley, we arrive at our lodge Quintin for the evening. A beer never tasted so good!

November 14 - Another sunny day...in the temperate rainforest! Rain is likely as it brings thousands of waterfalls into play that you won't experience if the weather is dry. And what goes up must come down, as we walk through Arthur Valley to Boatshed past Mackay Falls and Bell Rock, which were both carved out of the river during a particularly violent flood. We stop for lunch at Giant's Gate waterfall before our final stretch of track through tranquil Lake Ada to Sandfly Point. Mitre Peak Lodge on the Milford Sound awaits our arrival. We will enjoy a celebratory dinner overlooking the magnificent Milford Sound and revel in how good/bad/sore our bodies feel after the "finest walk in the world".

November 15 - Wake to the tranquility of Fiordland and meet in the yoga room! After breakfast, we experience a magical cruise on Milford Sound looking for dolphins and fur seals and praying for rain since we've only seen Fiordland when the waterfalls are in full flow! From water to land to helicopter, we are whisked off across Mt. Aspiring National Park back to Queenstown. From the cockpit, we are blessed to witness another perspective of the World Heritage area looking down upon spiked peaks, sheer canyons and alpine lakes. Arriving in time for our scheduled massages, this couldn't be more perfect.



November 16 - Rise and shine for a real authentic NZ day. We will give our feet a rest and take a bike ride this morning around and about Queenstown. This afternoon, we immerse ourselves into the cultural riches of New Zealand and its people with a visit to Haka Pa Maori village as they share their customs and traditions. They will even prepare a rich feast of Maori foods for a memorable evening of dinner and entertainment.



The myths and legends, song and powerful dance, will touch our soul. And we will delight them with a donation for the many local causes they support...mostly of keeping their traditions alive. We will all go home with a piece of Maori jade greenstone called "punamu" for our altars. Of course, there will be retail opportunities for fine jewelry made from the greenstone!

November 17 - Wine Country, River surfing, Bungee jumping, Paragliding-the blood-pumping choice is yours, and quite fitting for our last day in Extreme New Zealand. The Kiwis refer to the South Island as the adrenalin capital of the world. Let's make them proud and go for it! Shopping may not be an extreme sport but this afternoon will be your time to find some good "sheep stuff" to bring home. A special dinner will be planned for tonight.



November 18 - A relaxing morning of yoga and meditation before breakfast. All our bags are packed and we begin the journey home, taking with us incredible stories to tell and memories to live by...until we meet again.



**The Investment is \$5,200 not including airfare.
STAT will donate 100% of its profits to a tribe in New Zealand.**